



Coastline November Nutrition Newsletter

Meet the new Dietitian!

Hi everyone! I wanted to introduce myself, my name is Stephanie Boulay and I am the new Dietitian at Coastline Elderly Services. I am very excited to be here! If you have any questions or if you would like to schedule an appointment with me, you can reach me at 508-742-9194 or 508-984-8270 ext. 194. I look forward to speaking with you! Warm Regards,

~Stephanie

Thanksgiving Nutrition Myth Busters

* Turkey Makes You Tired

The myth is that tryptophan, an amino acid found in turkey, makes you sleepy. However the truth is that other foods, such as eggs, cheese, and other kinds of meat, contain just as much if not more tryptophan. The real culprit of the post-meal sleepiness you feel on Thanksgiving is most likely the large, high carbohydrate meal and alcohol most people consume.



* Multigrain and Whole Grain Rolls are the Same

Just because the bread is brown doesn't mean it's whole grain. Multigrain just means that the bread contains multiple grains, which aren't necessarily whole grains and may include a variety of refined grains as well. To identify a truly whole grain bread look for a label that says, 'whole grain' or 'whole wheat' and check that the first word on the ingredients list is 'whole'.

* Dark Meat is Unhealthy

While white meat (without skin) is technically the healthiest option, that doesn't mean you are blowing it nutritionally by choosing dark meat. It still contains less calories and fat per serving than red meats do. Dark meat also contains more of certain types of nutrients such as zinc and iron. So if you prefer dark meat over white, don't worry about extra fat and calories, but do be conscious of serving size.



* Fresh Pumpkin is Healthier Than Canned

Canned and frozen vegetables contain just as many nutrients as their fresh counterparts. Canned pumpkin in particular is concentrated, making it an excellent source of fiber and vitamin A. Just be sure you are buying pure canned pumpkin, not pumpkin pie filling. Pumpkin pie filling contains extra additives, sugar, salt, and fat. Also, if using other canned vegetables be sure to drain and rinse them as needed as this will reduce the sodium content.